

SEVEN WAYS TO SIZE UP YOUR SERVINGS

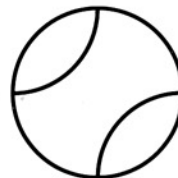
Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

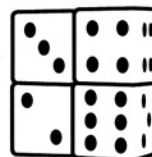
- 1** 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



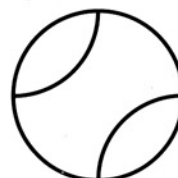
- 2** A medium apple or peach is about the size of a tennis ball.



- 3** 1 oz of cheese is about the size of 4 stacked dice.



- 4** 1/2 cup of ice cream is about the size of a racquetball or tennis ball.



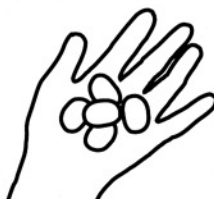
- 5** 1 cup of mashed potatoes or broccoli is about the size of your fist.



- 6** 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



- 7** 1 ounce of nuts or small candies equals one handful.



1 oz.

MOST IMPORTANT

Especially if you're cutting calories, remember to keep your diet nutritious.



2-4 servings from the Milk Group for calcium



2-3 servings from the Meat Group for iron



3-5 servings from the Vegetable Group for vitamin A



2-4 servings from the Fruit Group for vitamin C



6-11 servings from the Grain Group for fiber



Lewis and Clark Fitness Challenge

Your child is participating in an exciting program to improve the fitness of Montana's youth: ***The Lewis and Clark Fitness Challenge***. You can support this program at home – by helping your whole family eat well and be more active.

The Food Guide Pyramid is a tool to help your family build a healthy base of lifelong eating habits. It is important for people of all ages to eat plenty of foods from the base of the Food Pyramid. Most of us need to eat more whole grains, fruits and veggies.

These foods are tasty sources of high-octane carbohydrates – to give everyone the energy they need for busy days at school and work. Grains, fruits and veggies are also power-packed with phytochemicals. These compounds help boost our immune systems, so we can stay healthier today and fight diseases like cancer and diabetes in the future. Here's some easy ways for your family to eat more grains and produce.

Build a HEALTHY BASE.

1. Be realistic: Make small changes.

- ✓ In terms of nutrition and fitness, small steps usually work better than giant leaps. Adding one fruit or vegetable serving to your family's day can make a big health difference. Produce makes a tasty snack – so slice an apple or grab some baby carrots.

2. Be adventurous: Expand your tastes.

- ✓ Eating a wide variety of foods is the best way to get the 40+ nutrients that our bodies need for good health. Get your family out of the food rut by buying one new grain or produce item every time you shop. Children like to help pick out the new things.

3. Be flexible: Balance food and physical activity.

- ✓ There's no need to worry about any one food or meal. Try to balance higher fat foods with lower fat foods – and balance food with physical activity. After a fast food meal, make your next snack fruits or veggies – and stop at the park for 15 minutes of play.

4. Be sensible: Enjoy all foods, just don't overdo it.

- ✓ You can enjoy all your favorite foods and be healthy too. The secret is to watch your portion sizes and to stop eating when your tummy is full. Skip the super-size meals in the drive-thru lane. Share appetizers, entrees and dessert when you eat in a restaurant.

5. Be safe: Clean, Separate, Cook and Chill.

- ✓ Keeping food safe is as important as choosing the right food. Make food safety a top priority for your family by: cleaning all counters; separating cooked and uncooked foods; cooking foods to proper temperatures; and refrigerating all foods promptly.

Developed by: Montana Office of Public Instruction and Eat Right Montana

SOUND BYTES: Nutrition and Health Online

Six Sites to help you BUILD A HEALTHY BASE.

- 1. Grains Nutrition Information Center** ~ developed by The Wheat Foods Council
<http://www.wheatfoods.org/>

Everything you wanted to know about grains – and more! Check out the wide variety of recipes featuring wheat – as well as tasty new ways to eat more whole grains. This is also an excellent place to get the real scoop on nutrition news and fad diets of all types.

- 2. Dole 5 A Day** ~ developed by The Dole Food Company
<http://www.dole5aday.com/>

Explore the wide world of fruits and vegetables. Kids can play produce games, meet cartoon fruit and veggie characters, and learn all about the tasty benefits of 5 A Day. Parents can find delicious recipes and fun ways to get kids to eat more produce.

- 3. Strawberryville** ~ developed by the California Strawberry Commission
<http://www.calstrawberry.com/berryville/default.asp>

Click here for plenty of delicious recipes to help everyone get more folic acid and Vitamin C from strawberries. How about Frosty Strawberry Pops or After-School Strawberry Shake? Like many other sites, the berry folks offer a free e.mail newsletter.

- 4. Potatoes: We're here to help** ~ developed by the National Potato Promotion Board
<http://www.potatohelp.com/>

If you are tired of plain old baked potatoes, you might want to try Tater Taco Rockets or one of the other quick, creative recipes at this site. You can also study up on your potato trivia, learn how to store your spuds, and enter some cool tater cooking contests.

- 5. Fight BAC** ~ developed by the Partnership for Food Safety
<http://www.fightbac.org/>

This site is packed with easy tips for safeguarding your family's food supply. You'll find hot tips on everything from reheating leftovers to cooking hamburgers. You can also print cool facts sheets on the 4-Cs: Clean, Cook, Chill, and Combat Cross-Contamination.

- 6. Nutrition for Kids**
<http://www.nutritionforkids.com/>

This fun site, from **24 Carrot Press** and Registered Dietitian (RD) Connie Evers, serves up tasty nutrition information for parents and teachers. There is a great set of links to other nutrition sites, an electronic newsletter, and excellent nutrition resources for sale.

EATING FOR A HEALTHY WEIGHT

The Lewis and Clark Fitness Challenge is an exciting way to help improve the fitness of Montana's youth. You can support the participants – by modeling healthy eating and an active lifestyle. Here are six simple nutrition steps to help you move toward a fit future.

1. Forget the fads and skip the silly stuff.

Fad diets and miracle products are a waste of your time and money. There are no foods or pills that magically burn fat. There is nothing that will melt fat while you sleep. Some supplements and herbal products can be dangerous – or even deadly – for some people.

2. Build a healthy base with the Food Guide Pyramid.

Eating for a healthy weight is not difficult. You don't have to count grams of this or weigh portions of that. Let the Food Pyramid be your guide to eating right. Eat more from the base (whole grains, fruits and vegetables) and less from the tip (fats, sweets and oils).

3. Downsize your portion sizes.

The portions in fast food and sit-down restaurants are humongous. Just say NO to super-size, biggie-size and combo meals (save your extra \$.49 for a piece of fruit). Eat half of your restaurant meals – and take the rest home for an easy lunch or dinner tomorrow.

4. Listen to your stomach (and your brain).

Return to childhood eating patterns: Eat when you are hungry and stop when you are full. Learn to tell the difference between hunger and the things that food cannot fix, like boredom, loneliness, fear, anxiety and pain. Deal with feelings directly, not with food.

5. Snack smart and drink plenty of fluids.

Snacks and drinks can fill your body with extra, empty calories. Make between-meal foods and beverages count with high-energy choices. Skip the pop and candy machines – and refuel and rehydrate with yogurt, string cheese, nuts, veggies, fruit, juice and water!

6. Enjoy all foods, just don't overdo it.

Who wants a restrictive diet that takes away your favorite foods? How long will you be able to avoid all the things you love to eat? Eating for a healthy weight means a realistic, flexible eating style – that allows you to enjoy a lifetime of delicious nutrition.

**Lewis and Clark
Fitness
Challenge**

